



THE BSO

The British School of Osteopathy (BSO) runs the largest clinical centre of its kind in Europe. In addition to the Expectant Mothers' Clinic we run a Children's Clinic, a Sports Clinic, a Clinic for people with HIV/AIDS, and a General Clinic.

The BSO is a teaching and research institution and a registered charity, founded in 1917. You will receive an excellent standard of care from our experienced osteopaths and supervised students.

FEES

BSO fees are typically less than half of those generally charged in private practices.

We offer concessionary rates to many groups such as full-time students, people aged over 60 years and those receiving Income Support, Jobseekers Allowance or disability benefits. Our clinic reception team will be happy to advise whether you qualify – if you are a student or you receive a qualifying benefit you will need to bring proof to your consultations.

For more information and appointment bookings: 020 7089 5360 or clinicappointments@bso.ac.uk

www.bso.ac.uk



British School of Osteopathy Clinical Centre

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THE BRITISH SCHOOL OF OSTEOPATHY

EXPECTANT MOTHERS' CLINIC

Information for patients

The British School of Osteopathy is a registered charity (no. 312873) which educates osteopaths, treats patients and promotes research.

Osteopathy can help by treating patients with many problems associated with pregnancy. It can help with:

pain and tension in the neck and shoulders
upper and lower back pain • leg pains
muscular pulls and strains • pelvic pain

ABOUT OSTEOPATHY

Osteopathic treatment is gentle and non-invasive. Osteopathy works on the muscles, joints and nervous system as well as evaluating other relevant structures where necessary. It treats the body as a whole unit and considers many aspects of the patient's life.

Osteopathy is a primary healthcare system, complementary to other medical practices, with a sound foundation in biomedical sciences. An important principle of osteopathy is the recognition of the body's natural self-healing mechanisms.

Patients may be referred by their GP or opt to attend an osteopathic clinic independently.



OSTEOPATHY & PREGNANCY

BSO EXPECTANT MOTHERS' CLINIC

Many women experience back pain during pregnancy – a time when exercise is likely to be difficult and you may not wish to take some medicines. Osteopathy can provide relief from structural pain, tension and other difficulties. Treatment is safe for you and your baby.

Many expectant mothers come to us for treatment of problems caused by changes of posture or weight as well as previous musculo-skeletal problems. Postnatal appointments can, for example, evaluate how your musculo-skeletal system is functioning. Treatment and advice can be given to support you returning to normal function. We can also give your baby a check-up at this time.

The BSO Expectant Mothers' Clinic has successfully treated pregnant women since 1980 and conducts research on the special problems associated with pregnancy.

ALISON RASALINGHAM ATTENDED THE EXPECTANT MOTHERS' CLINIC AT THE BSO: "I wanted a natural birth but when I was five months pregnant an old back injury was causing me problems. I couldn't even squat down I was in so much pain. At the clinic they resolved my back problem, kept me pain-free and I was able to have the natural birth I wanted."

"Every procedure was explained in relation to my pregnancy, it is non-invasive and all my questions were answered. I always felt safe and reassured. The care at the clinic is excellent."



CONSULTATIONS

Osteopaths consider the whole person, so at the first consultation a detailed case history is compiled, followed by a thorough examination of the muscles, ligaments and joints, as well as evaluating other relevant structures where necessary. This will take up to an hour and a half.

Your osteopath will also observe your movements carefully. Once a diagnosis is reached your osteopath will discuss with you a range of options relating to your care. If osteopathic treatment is felt to be appropriate, with your consent a wide range of gentle manual techniques may be used. This may include deep tissue massage and the movement of joints. You may also be advised on exercise, posture or diet.

Some patients need only one treatment; others have a longer course of therapy or some patients choose to return periodically for help with managing longer-term conditions

